

Topics of Interest to Every Woman

EDITED BY JULIA CHANDLER MANZ

Celebrating St. Valentine's Day Two Hundred Years Ago

The sending by mail of embossed tokens of love or friendship is about all there is left of the ancient customs of St. Valentine's Day. The windows and display counters of our book stores and bazaar are filled at this season of the year with examples of art and heart-art to an extent that should please every sort of taste in regard to valentines. There is a day of two of fun and merry chatter when the lovers are receiving or even more boisterous mirth if the valentines are "comic" here and there a valentine party is given by the young people, then the celebrating ceases and is forgotten.

Not so a couple of centuries ago. Then the festivities were much more in the character of observance and ceremony. The origin of St. Valentine's Day is credited to different incidents. One writer of ancient social customs says that it originated with St. Valentine, daughter of Henry IV, of France. The lady, having built a splendid palace near Turin, desired to name it for some saint, and finally chose St. Valentine. Thus the edifice was called "The Valentine," and at the initial entertainment given in the great drawing room, Mrs. Ruggles conceived the idea of causing her guests to pair off by means of a lottery.

Doubtless it is true that this lady did originate this custom at her palace in Turin, but it is also quite as true that this was not the real origin of St. Valentine's Day, for it is alluded to by English poets before her time. Lydgate, a monk, who died in the year 1400, and who has been described as "the poet of his monastery," wrote a poem in praise of Queen Catherine, consort of Henry V, of England, in which he mentioned the observance of St. Valentine's Day, and the custom of "drawing lots."

Indeed, this custom seems to have been a very ancient one, and continued to comparatively modern times. An equal number of young men and women would meet together on the eve of St. Valentine's Day and hold a lottery, in which the names of both men and women were drawn; thus each maid and bachelor would have two "valentines," who were required to make mutual gifts. This, of course, occasioned any amount of mirth and some funny situations.

Other Superstitions. One superstition which held good until quite recent times was that the first young man or young woman one chance to meet on the morning of Valentine's Day would be one's valentine. Other superstitions included mystic rites, particularly in Scotland, which enabled maidens to learn who would be their future husbands. About the middle of the eighteenth century one young woman, according to the historian of social customs of that time—wrote as follows:

"Last Friday was Valentine's Day, and I'll tell you what I did the night before. I got five bay leaves, pinned four of them to the four corners of my pillow and the fifth to the middle, for, if I dreamt of my sweetheart, Betty said we should be married before the year was out. But to make it more sure, I boiled an egg hard, took out the yolk and filled the egg with salt, and when I went to bed I ate it, shell and all, without speaking or drinking after it, and this was also to have effect with the bay leaves. We also wrote our love names upon bits of paper and rolled them up in clay and put them into water, and the first that rose was to be our valentine. Would you think it? Mr. Blomson was my man, and I lay abed and shut my eyes till the morning till he came to our house, for I would not have even another man before him for all the world."

Children Chanted Songs. This quaint letter shows how the idea of the powers of St. Valentine were appreciated by the maidens of that time. It was customary in the olden times for maidens to hang their shoes outside the window on the eve of St. Valentine's Day in order that their love affairs should prosper, although the explanation of this belief is not given. Children also went about chanting songs about Valentine and collecting coins as their valentines.

The valentine gifts of those days were sometimes very costly, including jewels, rings, brooches, silver watches, boxes with bejeweled buckles, silk gloves with rich embroidery, and other expensive presents which a man might make to his "valentine."

St. Valentine's Day was alluded to by Shakespeare and Chaucer, and one of the earliest known writers of valentines was Charles, Duke of Orleans. Drayton, a poet of Shakespeare's time, also wrote charming verses along this theme. What connection the married Bishop Valentine has to do with these customs, whose ruler seems to be Cupid, would puzzle the saint himself. The death of the good bishop, which occurred in the third century, was a most cruel one. He was first beaten with clubs and then beheaded. Thus it seems paradoxical that the commemoration of him should be observed in the gayest of fashions and always in conjunction with the pranks of the little god of love.

Many learned historians have given considerable time and investigation to the origin of the romantic observance of St. Valentine's Day, but the secret is still a secret—the real mystery is still unsolved.

SENTIMENTS FOR VALENTINE PARTY

Resolved, That you have just simply got to be my valentine—Buster Brown.
"One I love, two I love,
Three I love, I say,
Four I love with all my heart
And you're all four to-day."

"Joy, gentle girl, joy and fresh days of love
Accompany your heart."

"On this glad day
I dare to send
This loving word
To my best friend."

"My heart is red
Your eyes are blue;
My love for you
Is sweet and true."

"Love me when I'm good,
Love me when I'm bad,
Love me just a plenty
When I'm sick and sad."

Gout is being very effectively treated by electricity by a system devised by a German doctor.

CHARMING MODEL.



Something decidedly new and quite charming is here presented. This dress, while replete with fashion's latest features, is simple to make. It closes at the front and the three-quarter skirt may have empire or regular waistline.

DELECTABLE MENU FOR THE HOME TABLE

Estimated Cost of Three Attractive Meals Is Small.

BREAKFAST.
Baked Greenbeans.
Baked Sausage with Small Hominy.
Warm Corn Bread. Coffee.

LUNCHEON.
Creamed Fish in Browned Potato Shells.
"Chili Sauce (home-made)."
Warm Yeast Rolls. White Clover Honey.

DINNER.
Fricassee of Veal, Plain Roasted Rice.
Glazed Whole Sweet Potatoes.
Cabbage Slaw.
Cranberry Tart. Cheese.
Coffee.

Fricassee of Veal—The breast or shoulder of veal cut into pieces is best for fricassee. Wash the meat and put on in cold water; let it come to a boil, wash again and put the veal in fresh water once more and let stew until done; mix a cupful of flour with one-half cupful butter; dissolve this in sauce of veal and season with salt and pepper. Serve with plain boiled rice.

Estimated cost of materials used:

Apple 10
Banana 10
Bread 10
Butter 10
Cabbage 10
Carrot 10
Fish and potatoes (left-overs) 10
Chili sauce (home-made) 10
Rolls 10
Honey 10
Yeast 10
Lard 10
Sweet potatoes 10
Cabbage 10
Cranberry 10
Coffee and sugar 10
Total \$1.50
Less small quantities left-overs 10
Total \$1.40

To Cure a Headache.
You must first remove the cause. Most headaches are caused by a disordered stomach. Hoff's Lemon Syrup will put your stomach in the pink of condition and cure your headache in a few minutes.

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526 H Street N.E.
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WILL ANNOUNCE PRIZE COOKERS

Awards Will Be Made Tomorrow After Last Lesson in The Herald Series.

SELL THE SAMPLES

No Diminution in Crowds Who Flock to Hear Mrs. Ruggles Talk.

The Washington Herald's course of lectures on cooking, being delivered every afternoon this week by Mrs. Helen Armstrong Ruggles at National Rifles Armory, are nearly at their climax of interest.

The lectures this afternoon and tomorrow afternoon will conclude the course, and to-morrow afternoon brings also the decision of the prize contest and the award of prizes.

The many women who crowded into the hall yesterday to see the exhibits and hear the lectures expressed the keenest interest in the contest, in which most of them probably will take part. Aside from the value of the prizes the desire to try out their skill under the guidance of Mrs. Ruggles is inspiring many of them on to the competition.

For the award of the prizes to-morrow a committee from the Associated Charities, will act as judges. After making the awards, they will sell the samples of cookery entered in the contest. The proceeds will be given to the Associated Charities.

As usual the hall will be open from noon to 6 o'clock this afternoon. The lecture starts at 2:30 o'clock. The "pupils" at the lectures are women.

sa, in whose hands is the management of the house. There is always a goodly sprinkling of business and professional women and an interesting array of pretty young brides. Milliners, stenographers, music teachers, school teachers, doctors, society girls, and school girls, as well as the exemplary housekeeper, make up these gatherings, that so decidedly emphasize woman's inherent love of home and all therewith related. A number of very elderly women have attended the series of cooking lessons. It would seem that after so many years of household work their interest in cooking would wane—that a new method would fail to attract them, but it is not so for they were intensely absorbed in the work and the talk of the teacher.

Never Too Wise to Learn.
The most valuable thing about Mrs. Ruggles' demonstrations and talks is that they are far-reaching.

The usual large crowd attended yesterday afternoon. The conversations heard about the room before the lecture are interesting and helpful. Women discuss baking with as much animation as if it were the newest idea. However, Mrs. Ruggles does advance many new ideas that always cause a buzz of comment. Yesterday afternoon housewives discovered the fact that when it comes to the frying pan, Mrs. Ruggles is radical to the point of revolution. "Away with the frying pan," in what she said, "It has no place in the kitchen, and will soon be tabooed in the homes where health is appreciated. She demonstrated how fish should be fried in a shallow pan, but in the kettle.

After frying fish in the kettle of cold water, she fired a bomb into the class by stating that to-morrow she would fry doughnuts in the same fat after it had been strained.

Mayonnaise and other salad dressings had their innings, when a luscious salad of Japanese crab and lettuce was carefully shown. Suitable salad combinations were given in considerable detail. The various styles of serving meat with cookery entered in the contest.

The simple matter of pie crust formed the subject of a long and interesting discussion.

"You may make your crusts the day before if you like, but do not put the filling in it until shortly before you wish to send the pie to the table. The fruit juices in the filling are inclined to soak the crust and make it soggy and indigestible, if the pie stands very long after it has been put together.

The idea of a pan of water on the bottom of the oven while the baking of the leaf cake is in progress proved novel to many women.

Though the course is by no means over, people are almost beginning to lament that it is so short. Certainly, those who have made it a point of attending every day, received tremendous benefit and would be eager for another week or more of the lessons if it were possible. It is safe to say, however, that the results of the course are more far-reaching than any one realizes as yet, because general principles make just as valuable a foundation in cooking as to arithmetic, and once some of these first things, it is possible to go on from one success to another, trusting to the solid foundation gained in the first lessons.

The question of materials, of mixing, of baking after the crust is put together, and of filling for the crusts when the shell has been baked, formed the chief topic of the lesson.

Materials Should Be Cold.
"See that all the materials used in the making of pie pastry are cold, handle the materials lightly and make the pastry quickly, and you have mastered the principal secrets of good pie crust," says Mrs. Ruggles.

"I don't think any pie except a mince pie, is fit to eat the day after it is baked."

Don't fail to see *Servette* at Cooking School.

North Dakotans to Meet.
The annual banquet and meeting of the North Dakota Association of the District will be held at the National Hotel on the evening of February 22. All North Dakotans in Washington are invited. The event celebrates the twenty-fourth anniversary of the State's admission to the Union and is the seventh annual banquet of the association, which was organized in 1897. Several of the Congressional delegation will be present. A feature will be lantern slides and photographs of sitting Bull and sun dances of the Sioux, by Edward Willard Deming, artist and sculptor.

THE WASHINGTON HERALD SCHOOL BAKING CONTEST

SEE OPPOSITE PAGE

Valuable Prizes

To contestants who enter the best specimens of cooking in The Washington Herald Cooking School. See illustrations and descriptions on opposite page.

Rules of Contest

1. Any attendant at the Cooking School may compete (except professional cooks and bakers).
2. The articles entered in competition are to be cooked at home and delivered between 10 a. m. and noon on Saturday, February 15, 1913, at National Rifles Armory Hall. A contestant may enter as many articles as desired. One dozen doughnuts constitute an entry in that division.
3. It is absolutely required that each article submitted must contain *Cottolene* as the only shortening. Doughnuts must also be fried in *Cottolene*. Cakes, such as angel food, which do not contain shortening, will not be accepted.
4. Prize winners will be responsible for the delivery of prizes. A number will be assigned to each article entered in competition, so that the judges will not know the names of the contestants.

The exhibition of cookery will take place at 2:30 p. m. Saturday. At 2:30 p. m. there will be a special lecture on "Kitchen Conveniences." After that, the cooked articles are to be sold.

With very little effort you can help a good cause, besides competing for a valuable prize.

Cooking School Prizes

LOAF CAKE DIVISION

1. Reliable Gas Range.
2. *Servette*.
3. Set Guernsey earthenware.
4. Savory double boiler, No. 1.

DOUGHNUT DIVISION

1. Free sewing machine.
2. Silver cleaning pan.
3. Republic savory roaster.
4. Savory boiler No. 2.

LAYER CAKE DIVISION

1. Hooster Kitchen Cabinet.
2. Six dollar set aluminum Wear-Ever Ware.
3. Lightning ice cream freezer.
4. Universal meat chopper.

PIE DIVISION

1. Thermatic fireless cooker.
2. Universal percolator.
3. Perfection clothes washer.

LOAF BREAD DIVISION
(White Yeast Bread.)

1. Ten dollar set aluminum ware.
2. Blawell carpet sweeper.
3. Universal bread mixer.

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You Can "Charge It"

Let Us Demonstrate the Advantages of Proper Culinary Equipment

When you are attending the Cooking Class drop into our booth and let us show you the things you should install in your kitchen if you hope to reach the best results in cookery.

This demonstration we are making represents the result of the most critical investigation. We believe we are showing the best in each line—the most dependable and the most economical—first and maintenance cost considered.

You can always rely upon House & Herrmann when something for the home is needed. Whether technical or ornamental, we're equipped for your best service.

Best Refrigerators Kitchen Cabinets Satisfactory Range



Of all the different makes on the market the Alaska is the most perfect. Its construction insures the lowest temperature under the most hygienic conditions. All parts are easily reached for cleaning, and while each model is very compact, it is very roomy. It carries various sizes from the one for apartment house to the biggest for family use. Glass, enamel, and special linings.

Made of Solid Oak—with disappearing doors in front that work like a roll-top desk; drop flour bin, with glass front; glass sugar bin, with automatic valve; case for knives and extra wire shelf in base; roasty drawers; sliding nickel-plated top and frosted glass doors including upper portion. The most complete a 1000 model cabinet on the market.

14-inch - - \$14.50
16-inch - - \$16.50
18-inch - - \$19.50

Other styles from \$11.50 to \$44

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8th St. & Pa. Ave.
THE BUSY CORNER

RED SATIN HEART BOXES

10c, 15c Filled With Chocolate Wafers

Two different sizes: the chocolates are good and the boxes are covered with red satin, making a pretty, dainty and acceptable gift.

LITTLE GLASS LAMPS, filled with candy; heart decoration on the outside. Complete with candle 10c and shade 5c

RIBBON CANDY, of a deep rose color, 10-day, a 25c

Pin-on Hearts, with thermometers mounted on the outside. 5c

HEART-SHAPED CANDY BOXES, of various kinds, at 5c, 10c, 15c and 25c.

Hard Candy Hearts, 15c pound; heart shapes, 50c pound.

Pin-on Favors, hearts and cupid, each 2c

KANN'S KAPITAL CHOCOLATES, in red, heart-shaped boxes; with words "To My Valentine" on the outside. Pound size, 50c.

Do You Want a Servant Guaranteed Efficient?

Servette

SERVETTE is one of the inventions of recent years which tend to make the housewife more independent and, at the same time, gives improved service.

SERVETTE is made of French plate glass or wood, either oak or mahogany. The top, revolving, brings any article desired to your finger tips instantly without interrupting the conversation or hindering any member of the table.

Many enthusiastic users in Washington. We give any reliable party the privilege of testing the merits of SERVETTE at our expense. On exhibition at cooking school, and for sale at Stumph & Lyford and Hoeke & Crittenden.

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